RUSS ORHII PRESENTS

POWERBUILDING PROGRAM

VOLUME 4

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WELCOME TO VOLUME 4

JUST LIKE VOLUMES 1-3 OF RUSS ORHII'S POWERBUILDING PROGRAMS, THIS VOLUME IS DEDICATED TO CHALLENGE YOU TO PUSH YOUR LIMITS IN THE GYM THROUGH A UNIQUE TRAINING STYLE OF INTENSE BODYBUILDING MOVEMENTS TO ACHIEVE A NASTY PUMP AND THE BIG 3 POWERLIFTING MOVEMENTS FOR OVERALL STRENGTH GAIN.

FOR THE BEST RESULTS, FOLLOW THE PROGRAM DILIGENTLY AND TRACK YOUR WEIGHTS. SHARE YOUR PROGRESS ON INSTAGRAM AND TWITTER!

@RUSSWOLE
#GETBETTERTODAY

DON'T CHEAT YOURSELF TO FEEL COMFORTABLE.

#GETBETTERTODAY

GET
BETTER
TODAY

LEAVE EVERY SESSION SAYING,

"THERE'S NOTHING MORE I COULD HAVE DONE TODAY."

#GETBETTERTODAY

USAGE GUIDE

DURING THIS 8 WEEK PROGRAM, WE WILL BE UTILIZING THE BIG 3 MOVEMENTS OF SQUAT, BENCH, AND DEADLIFT TO BUILD A FOUNDATION OF STRENGTH THAT WILL TRICKLE DOWN INTO THE BODYBUILDING ACCESSORY WORK. THE BODYBUILDING MOVEMENTS WILL ALSO HELP PROVIDE STRENGTH TO YOUR COMPOUND LIFTS.

WHEN STARTING THIS GUIDE, TAKE A 3 DAY PERIOD TO FIGURE OUT YOUR MAX LIFT ON SQUAT, BENCH, AND DEADLIFT. KNOWING YOUR MAXES IN THESE BIG 3 LIFTS WILL HELP YOU MAXIMIZE THE STRENGTH GAINS THAT YOU ARE ABLE TO ACHIEVE USING THIS VOLUME. THESE MAXES ARE TO BE MAINTAINED FOR THE DURATION OF THE 8 WEEK TRAINING BLOCK, BUT YOU ARE WELCOME TO ADD WEIGHT TO REPS AND SETS IF THE WORKLOAD BECOMES TO EASY AT ANY POINT IN THIS TIMEFRAME.

THIS PROGRAM IS BASED OFF OF PERCENTAGES. THIS MEANS THAT YOU NEED TO BE SMART ABOUT HOW YOU TRAIN. THE WEIGHT SHOULD BE CHALLENGING BUT SHOULDN'T BE TOO HEAVY TO COMPLETE THE REPS AND SETS PROGRAMMED. IF YOU EXPERIENCE FATIGUE FROM THE PROGRAM AND ARE FEELING RUN DOWN, YOU CAN ALWAYS DROP THE WEIGHT DOWN 10-20 POUNDS.

BECAUSE THE BASE OF THIS PROGRAM IS STRUCTURED AROUND POWERLIFTING, THE BIG COMPOUND MOVEMENTS SHOULD BE DONE FIRST AND SHOULD TAKE PRIORITY OVER THE BODYBUILDING MOVEMENTS WHEN YOU HAVE A LIMITED AMOUNT OF TIME TO COMPLETE YOUR WORKOUT.

USAGE GUIDE
CONTINUED

REST TIMES INDIVIDUALLY DETERMINED BY THE USER OF THIS PROGRAM.

FOR THE POWERLIFTING SECTION (SQUAT, BENCH, AND DEADLIFT), REST TIMES CAN RANGE FROM 5-10 MINUTES BETWEEN SETS. YOU HAVE TOTAL CONTROL IN THIS ASPECT TO DETERMINE WHEN YOU ARE PREPARED TO BEGIN THE NEXT SET WITH THE MAXIMUM EFFICIENT STRENGTH OUTPUT REQUIRED TO COMPLETE THE MOVEMENT.

FOR THE BODYBUILDING SECTION (HIGH VOLUME ACCESSORY MOVEMENTS DONE DIRECTLY AFTER THE POWERLIFTING SECTION) YOU WILL WANT TO STAY WITHIN 2-4 MINUTES FOR YOUR REST PERIODS TO MAINTAIN YOUR PUMP, AVOID GETTING COLD, AND GIVE YOURSELF THE BEST OPPORTUNITY FOR HYPERTROPHY GAINS. BE SURE TO CHALLENGE YOURSELF WITH A DECENT LEVEL OF INTENSITY AND KEEP YOUR REST TIMES SHORT FOR THESE MOVEMENTS.

TERMS + REFERENCES

IN THE PROGRAM, THERE MAY BE TERMS OR VERBIAGE THAT YOU ARE UNFAMILIAR WITH THAT CAN BE REFERENCED BELOW.

SUPERSET	(SS) ALTERNATING SETS OF TWO DIFFERENT EXERCISES WITH NO REST IN BETWEEN.
TRISET	(TS) ALTERNATING SETS OF THREE DIFFERENT EXERCISES WITH NO REST IN BETWEEN.
FAILURE	(F) REPEAT AN EXERCISE TO THE POINT OF MOMENTARY MUSCULAR FAILURE (KEEP GOING UNTIL YOU LOSE PROPER FORM). DON'T SACRIFICE FORM FOR ADDITIONAL REPS. THIS IS ONE OF THE FASTEST WAYS TO GET INJURED. PICK A WEIGHT YOU CAN DO FOR 8-10 REPS COMFORTABLY AND CONTINUE UNTIL YOU REACH TECHNICAL FAILURE.
PYRAMID SET	(PS) A COLLECTION OF SETS OF THE SAME EXERCISE STARTING WITH LIGHT WEIGHT AND HIGHER REPS, BUILDING TO HEAVIER WEIGHT AND FEWER REPS. A FULL PYRAMID TRAINING SET IS AN EXTENSION OF THIS, REDUCING THE WEIGHT AFTER REACHING THE PEAK UNTIL YOU COMPLETE THE PYRAMID. THERE WILL BE A TOTAL OF 4 SETS: 3 SETS OF 10, 6, 4 AND THEN ONE SET OF 10-15 REPS WITH THE STARTING WEIGHT.
PRE EXHAUSTION	(PE) METHOD OF ISOLATING A MUSCLE FOR ONE SET BEFORE WORKING WITH A HEAVIER COMPOUND MOVEMENT. IT IS ANOTHER WAY TO HELP "FEEL" THE MUSCLE GETTING WORKED.

WEEK 1

W1D1

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3X1	90% 1RM 2X 85% 1RM	
SQUAT	2X8	70% 1RM	
DB RDL	4X12		
DB REVERSE LUNGES	4X10 EA. LEG		
DB LUNGES	4X10 EA. LEG		
HAMSTRING CURLS	3X15		
GOBLET SQUATS	4X8		
FINISHER LEG PRESS	2XF		

REMEMBER TO TRACK YOUR WEIGHTS AND TAKE PROGRESS PHOTOS.

W1D2

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	2X1	90% 1RM 85% 1RM	
BENCH	3X5	72.5% 1RM	
INCLINE BENCH PRESS	3X8		
DB CHEST FLY	3X12		
DB TRICEP KICK BACK	PS 1X12 1X10 1X6-8		
ROPE EXTENSION	4X10		
DIAMOND PUSH UP	3XF		

W1D3

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	1X1	87.5% 1RM	
DEADLIFT	3X5	70% 1RM	
V BAR PULLDOWN	4X8		
DB ROW (GO UP IN WEIGHT)	PS 10 8 6 4		
CHEST SUPPORTED ROW (GO UP IN WEIGHT)	PS 10 8 6 4		
SINGLE ARM PULLDOWN	4X10		
INVERTED RO2	2XF		

W1D4

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	3X4	75-80% 1RM	
CLOSE GRIP BENCH	3X8	55% 1RM	
DB SHOULDER PRESS (GO UP IN WEIGHT)	PS 10 8 6 4		
DB LATERAL RAISE	4X8		
STRAIGHT BAR PRESS (REVERSE GRIP)	4X10		
STRAIGHT BAR RAISE (REVERSE GRIP)	4X10		
STRAIGHT BAR PUSHDOWN	PS 15 12 10 8		
ROPE FACEPULLS	3X10		

W1D5

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3X5	72.5% 1RM	
DB LUNGES	4X12		
ROMANIAN DL	4X8		
LEG EXTENSION HOLDS	4X6		
WEIGHTED STEP UPS	3X12		
SINGLE LEG SQUATS	4X15		
HYPER EXTENSIONS	3X10		

W1D6

TODAY'S DATE:
___ / ___ / _____

EXERCISE	SET X REP	@ %	WEIGHT
DB CHEST FLY	2XF		
SINGLE ARM CABLE ROW	2XF		
SS: DB INCLINE PRESS PULL UPS	3X8 3X AMRAP		
WEIGHTED DIPS	PS 12 10 8 6		
DB PULLOVERS	3X10		
DB PUSHUP ROW	3X8		

WEEK 2

W2D1

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3X1	90% 1RM 2X 85% 1RM	
SQUAT	3X7	72.5% 1RM	
BARBELL HIP THRUSTS	4X8		
LEG EXTENSIONS	3X12		
HAMSTRING CURLS	3X15		
DB ROMANIAN DL	3X12		
HACK SQUATS	4X8-10		
CALF RAISES	3X12		

W2D2

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	1X1	87.5-92.5% 1RM	
BENCH	3X6	75% 1RM	
SS: FLAT BENCH BENCH DIPS	 3X10 3X12		
CABLE CHEST FLY	4X12		
MACHINE CHEST PRESS	3X8		
PUSHUPS	2XF		

W2D3

TODAY'S DATE:
___ / ___ / _____

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	1X1	87.5% 1RM	
DEADLIFT	3X6	70-75% 1RM	
GHR BACK EXTENSION	3X12		
MACHINE ROW	3X8		
WIDE GRIP PULLDOWNS	3X10		
ALTERNATING DB CURLS	4X8		
DB HAMMER CURLS	3X10		

W2D4

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	3X4	77.5% 1RM	
DB SEATED LATERAL RAISE	2XF		
ARNOLD PRESS	PS 10 8 6 4		
CABLE LATERAL RAISE	3X10		
REVERSE CABLE CROSSOVER	3X12		
LANDMINE SHOULDER PRESS	4X8		
DB REAR DELT FLY	3X10		

W2D5

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3X5	72.5% 1RM	
DB RDL	4X12		
LEG PRESS	4X10		
LEG EXTENSIONS	3X15		
HAMSTRING CURLS	3X15		
GOBLET SQUATS	4X8		
CALF RAISES	3X20		

W2D6

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SS: LANDMINE CHEST PRESS T-BAR ROW	4X10 4X10		
SINGLE ARM PULLDOWN	3X12		
MACHINE FLY	3X12		
ONE ARM DB PRESS	4X8		
OVER HAND BARBELL ROW	3X10		

WEEK 3

W3D1

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	2X1	92.5% 1RM 90% 1RM	
SQUAT	3X8	75% 1RM	
DB RDL	4X12		
DB REVERSE LUNGES	4X10 EA. LEG		
DB LUNGES	4X10 EA. LEG		
HAMSTRING CURLS	3X15		
GOBLET SQUATS	4X8		
FINISHER LEG PRESS	2XF		

W3D2

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	1X1	85% 1RM	
BENCH	3X7	75% 1RM	
INCLINE BENCH PRESS	3X8		
DB CHEST FLY	3X12		
DB TRICEP KICBACKS	PS 1X12 1X10 1X6-8		
ROPE EXTENSION	4X10		
DIAMOND PUSHUPS	3XF		

W3D3

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	1X1	90% 1RM	
DEADLIFT	3X6	70-75% 1RM	
V BAR PULLDOWN	4X8		
DB ROW (GO UP IN WEIGHT)	PS 10 8 6 4		
CHEST SUPPORTED ROW (GO UP IN WEIGHT)	PS 10 8 6 4		
SINGLE ARM PULLDOWN	4X10		
INVERTED ROWS	2XF		

W3D4

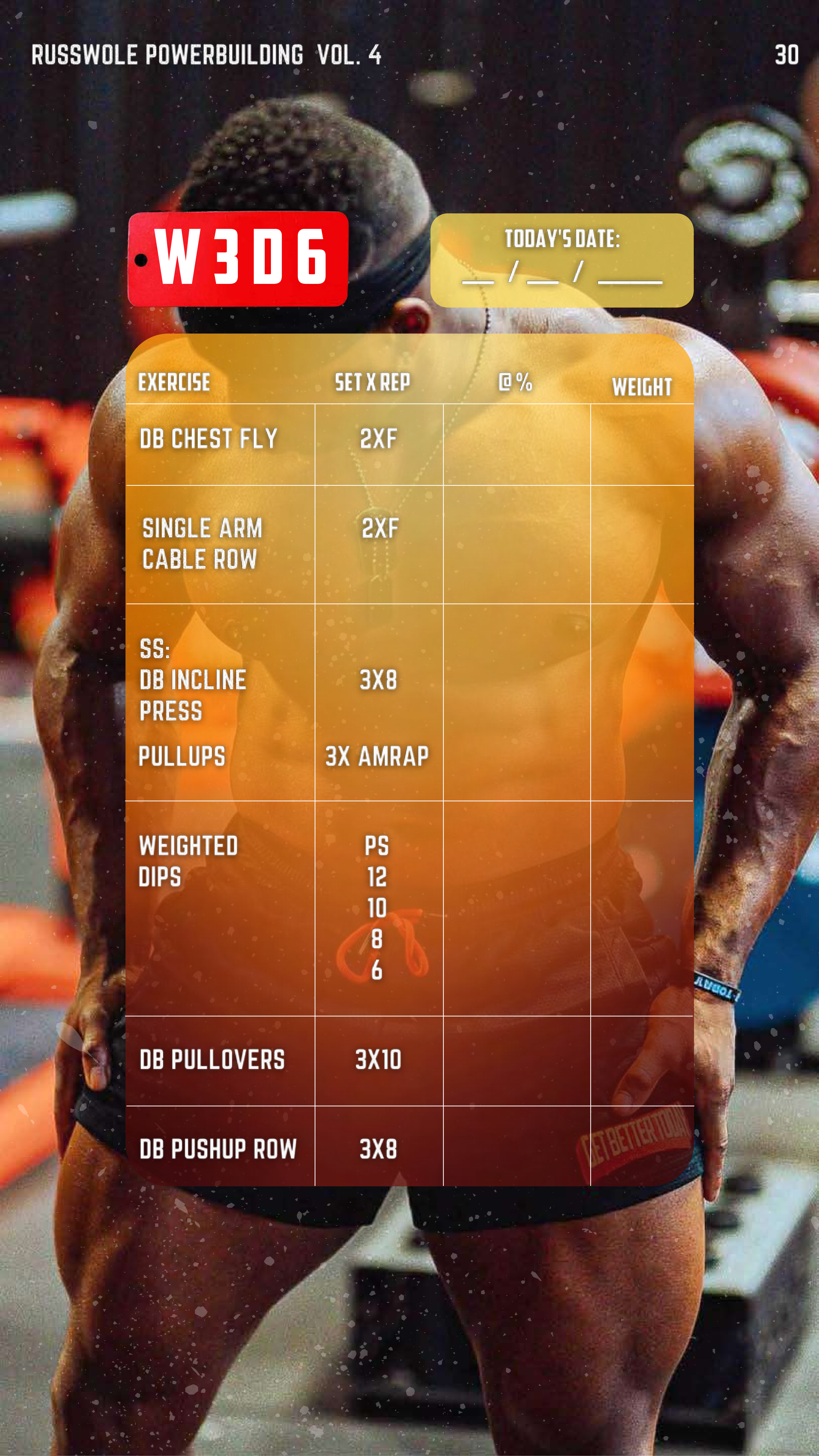
TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	3X5	77.5% 1RM	
CLOSE GRIP BENCH	3X8	50% 1RM	
DB SHOULDER PRESS	PS 10 8 6 4		
DB LATERAL RAISES	4X8		
STRAIGHT BAR PRESS (REVERSE GRIP)	4X10		
STRAIGHT BAR RAISES (REVERSE GRIP)	4X10		
STRAIGHT BAR PUSHDOWNS	PS 15 12 10 8		
ROPE FACEPULLS	3X10		

W3D5

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	4X5	75% 1RM	
DB LUNGES	4X12		
ROMANIAN DL	4X8		
LEG EXTENSION HOLDS	4X6		
WEIGHTED STEP UPS	3X12		
SINGLE LEG SQUATS	4X15		
HYPER EXTENSIONS	3X12		



W3D6

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
DB CHEST FLY	2XF		
SINGLE ARM CABLE ROW	2XF		
SS: DB INCLINE PRESS PULLUPS	 3X8 3X AMRAP		
WEIGHTED DIPS	PS 12 10 8 6		
DB PULLOVERS	3X10		
DB PUSHUP ROW	3X8		

WEEK 4

W4D1

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	1X1	87.5% 1RM	
SQUAT	4X6	75-77.5% 1RM	
BARBELL HIP THRUSTS	4X8		
LEG EXTENSIONS	3X12		
HAMSTRING CURLS	3X15		
DB ROMANIAN DL	3X12		
HACK SQUATS	4X8-10		
CALF RAISES	3X12		

W4D2

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	1X1	85% 1RM	
BENCH	3X8	75-77.5% 1RM	
SS: DB FLAT BENCH BENCH DIPS	 3X10 3X12		
CABLE CHEST FLY	4X12		
MACHINE CHEST PRESS	3X8		
PUSHUPS	2XF		

W4D3

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	1X1	87.5-90% 1RM	
DEADLIFT	4X5	77.5-80% 1RM	
GHR BACK EXTENSION	3X12		
MACHINE ROW	3X8		
WIDE GRIP PULLDOWNS	3X10		
ALTERNATING DB CURLS	4X8		
DB HAMMER CURLS	3X10		

W4D4

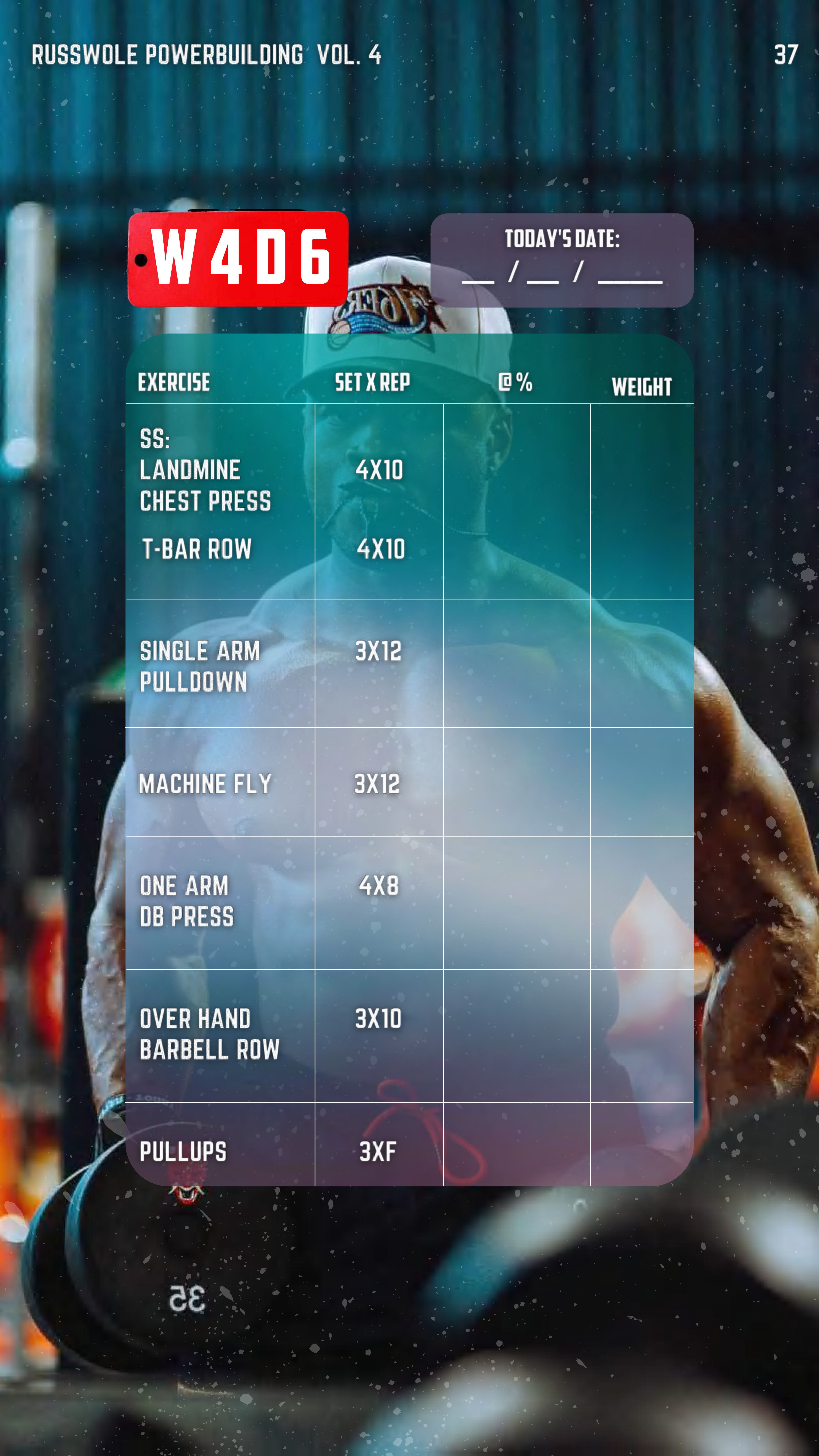
TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	4X5	75-77.5% 1RM	
DB SEATED LATERAL RAISE	2XF		
ARNOLD PRESS	PS 10 8 6 4		
CABLE LATERAL RAISE	3X10		
REVERSE CABLE CROSSOVER	3X12		
LANDMINE SHOULDER PRESS	4X8		
DB REAR DELT FLY	3X10		

W4D5

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	4X5	75% 1RM	
DB RDL	4X12		
LEG PRESS	4X10		
LEG EXTENSIONS	3X15		
HAMSTRING CURLS	3X15		
GOBLET SQUATS	4X8		
CALF RAISES	3X20		



W4D6

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SS: LANDMINE CHEST PRESS T-BAR ROW	4X10 4X10		
SINGLE ARM PULLDOWN	3X12		
MACHINE FLY	3X12		
ONE ARM DB PRESS	4X8		
OVER HAND BARBELL ROW	3X10		
PULLUPS	3XF		

WEEK 5

W5D1

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	5X4	80% 1RM	
BELT SQUAT	4X8		
KETTLE BELL SWINGS	3X8		
DB RDLS	4X10		
LEG EXTENSION (2 SECOND HOLD)	3X6-8		
WEIGHTED LUNGES	3X10		
CALF RAISES	3X20		

W5D2

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	1X1	87.5% 1RM	
BENCH	3X5	77.5% 1RM	
DB FLOOR PRESS	PS 12 10 8 6		
DB SKULLCRUSHER	4X8		
DB CHEST FLY	3X10		
DB OVERHEAD TRICEP EXTENSION	PS 15 12 10 8		
45LB PLATE PUSHUPS	3X12		

W5D3

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	1X1	87.5% 1RM	
DEADLIFT	4X4	82.5-85% 1RM	
PENDLAY ROW (GO UP IN WEIGHT)	PS 8 6 4 2		
DB INCLINE SEAL ROW	3X8		
ROPE PULLDOWNS	3X10		
V-BAR PULLUP	3X6-8		

W5D4

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	4X5	70% 1RM	
OVERHEAD TRICEP PRESS	PS 12 10 8 6		
SS: DB SHOULDER PRESS DB LATERAL RAISE	 4X8 4X8		
DB SKULLCRUSHERS	3X12		
ARNOLD PRESS (WORK UP TO HEAVY SETS)	3X6		
DIAMOND PUSHUPS (W/ 45LB PLATES)	3X10		

W5D5

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3X6	70% 1RM	
LEG EXTENSIONS	4X12		
HAMSTRING CURLS	3X10		
LEG PRESS (GO HEAVIER THEN LIGHTER)	10 8 6 4 12		
GOBLET SQUATS	3X12		
CALF RAISES	3X20		

W5D6

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@%	WEIGHT
INCLINE DB PRESS (REVERSE GRIP)	4X10		
DB FLAT BENCH	PS 10 8 6 4		
V-BAR PULLUPS	2XF		
BARBELL ROW (OVERHAND)	2X10		
BARBELL ROW (UNDERHAND)	2X10		
DB INCLINE FLY	3X12		
WEIGHTED PUSHUPS	4X12		
SINGLE ARM CABLE ROW	3X8		

WEEK 6

W6D1

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@%	WEIGHT
SQUAT	4X3	85% 1RM	
SINGLE LEG DB RDL	3X12		
GHR BACK EXTENSION	3X8		
GOBLET SQUATS	4X8		
WEIGHTED STEP UPS	3X12		
CALF RAISES	3X20		

W6D2

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@%	WEIGHT
BENCH	1X1	90% 1RM	
BENCH	4X3	85% 1RM	
MACHINE CHEST PRESS	PS 10 8 6 4		
SS: TRICEP PUSHDOWNS REVERSE GRIP TRICEP PUSHDOWNS	 3X10 4X10		
SINGLE ARM DB FLAT BENCH	4X10		
DB TRICEP KICKBACKS	2XF		

W6D3

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@%	WEIGHT
DEADLIFT	1X1	90% 1RM	
DEADLIFT	4X3	82-85% 1RM	
WIDE GRIP PULLDOWNS	4X12		
HIGH ROW MACHINE	4X12		
DB SPIDER CURLS	3X10		
PREACHER CURLS	4X8		

W6D4

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	3X5	70% 1RM	
45LB PLATE RAISES	3X15		
EZ BAR UPRIGHT ROWS	3X8		
WEIGHTED BENCH DIPS	4X15		
TATE PRESS	4X8		
V-BAR PUSHDOWNS	3X12		
REVERSE STRAIGHT BAR TRICEP PUSHDOWNS	2XF		

W6D5

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3X5	72.5% 1RM	
SINGLE LEG LEG PRESS	3X12		
DB SPLIT SQUAT	4X10		
GHR	3X10		
SINGLE LEG HACK SQUAT	3X8		
CALF RAISES	3X20		

W6D6

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
CABLE CROSSOVERS	2XF		
LANDMINE CHEST PRESS	4X8		
LAT PULLDOWN	2XF		
GLOSE GRIP REVERSE LAT PULLDOWN	4X8		
SS: MACHINE CHEST PRESS	3X10		
PUSHUPS	3XF		
SINGLE ARM HAMMER STRENGTH ROW	3X10		
PLATE ROWS (45LBS IN EACH HAND)	3X15		

WEEK 7

W7D1

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	4X2	90-92.5% 1RM	
BELT SQUAT	4X8		
KETTLE BELL SWINGS	3X8		
DB RDLS	4X10		
LEG EXTENSION (2 SECOND HOLD)	3X6-8		
WEIGHTED LUNGES	3X10		
CALF RAISES	3X20		

W7D2

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	3X2	85-92.5% 1RM	
CLOSE GRIP BENCH	3X7	60% 1RM	
DB FLOOR PRESS	PS 12 10 8 6		
DB SKULLCRUSHERS	4X8		
DB CHEST FLY	3X10		
DB OVERHEAD TRICEP EXTENSION	PS 15 12 10 8		
45LB PLATE PUSHUPS	3X12		

W7D3

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	4X2	90% 1RM	
PENDLAY ROW	PS 8 6 4 3		
DB INCLINE SEAL ROW	3X8		
ROPE PULLDOWNS	3X10		
V-BAR PULLUP	3X6-8		

W7D4

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
BENCH	3X4	70% 1RM	
OVERHEAD TRICEP PRESS	PS 12 10 8 6		
SS: DB SHOULDER PRESS	4X8		
DB LATERAL RAISES	4X8		
DB SKULLSCRUSHERS	3X12		
ARNOLD PRESS (WORK UP TO HEAVY SETS)	3X6		
DIAMOND PUSHUPS (W/ 45LB PLATES)	3X10		

W7D5

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	3X3	70% 1RM	
LEG EXTENSIONS	4X12		
HAMSTRING CURLS	3X10		
LEG PRESS (GO HEAVIER THEN LIGHTER)	10 8 6 4 12		
GOBLET SQUAT	3X12		
CALF RAISES	3X20		

W7D6

TODAY'S DATE: __ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
REVERSE GRIP INCLINE DB PRESS	4X10		
DB FLAT BENCH	PS 10 8 6 4		
V-BAR PULLUPS	2XF		
OVERHAND BARBELL ROW	2X10		
UNDERHAND BARBELL ROW	2X10		
DB INCLINE FLY	3X12		
WEIGHTED PUSHUPS	4X12		
SINGLE ARM CABLE ROW	3X8		

WEEK 8

W8D1

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SQUAT	1X1	MAX OUT	
SINGLE LEG DB RDL	3X12		
GHR BACK EXTENSION	3X8		
GOBLET SQUATS	4X8		
WEIGHTED STEP UPS	3X12		
CALF RAISES	3X20		

W8D2

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@%	WEIGHT
BENCH	1X1	MAX OUT	
CLOSE GRIP BENCH	3X8	45% 1RM	
MACHINE CHEST PRESS	PS 10 8 6 4		
SS: TRICEP PUSHDOWNS REVERSE GRIP TRICEP PUSHDOWNS	3X10 4X10		
SINGLE ARM DB FLAT BENCH	4X10		
DB TRICEP KICKBACKS	2XF		

W8D3

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
DEADLIFT	1X1	MAX OUT	
WIDE GRIP PULLDOWNS	4X12		
HIGH ROW MACHINE	4X12		
DB SPIDER CURLS	3X10		
PREACHER CURL	4X8		

W8D4

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@%	WEIGHT
BENCH	3X3	70% 1RM	
45LB PLATE RAISES	3X15		
EZ BAR UPRIGHT ROW	3X8		
WEIGHTED BENCH DIPS	4X15		
TATE PRESS	4X8		
V-BAR PUSHDOWNS	3X12		
REVERSE STRAIGHT BAR TRICEP PUSHDOWN	2XF		

W8D5

TODAY'S DATE:
__ / __ / ____

EXERCISE	SET X REP	@ %	WEIGHT
SINGLE LEG LEG PRESS	3X12		
DB SPLIT SQUAT	4X10		
GHR	3X10		
SINGLE LEG HACK SQUAT	3X8		
CALF RAISES	3X20		

W8D6

TODAY'S DATE:
___ / ___ / _____

EXERCISE	SET X REP	@%	WEIGHT
CABLE CROSSOVERS	2XF		
LANDMINE CHEST PRESS	4X8		
LAT PULLDOWN	2XF		
CLOSE GRIP REVERSE LAT PULLDOWN	4X8		
SS: MACHINE CHEST PRESS PUSHUPS	3X10 3XF		
SINGLE ARM HAMMER STRENGTH ROW	3X10		
45LB PLATE ROWS (ONE IN EACH HAND)	3X15		

BETTER BETTER BETTER
BETTER BETTER BETTER
DIFFICULT DOES NOT MEAN IMPOSSIBLE.
#GETBETTERTODAY
BETTER BETTER BETTER
BETTER BETTER BETTER

SHARE YOUR PROGRESS

SCREENSHOT THIS PAGE AND SHARE ON YOUR STORY BY TAGGING @RUSSWOLE AND #GETBETTERTODAY.

BEFORE PHOTO	AFTER PHOTO
STARTING SQUAT MAX	ENDING SQUAT MAX
STARTING BENCH MAX	ENDING BENCH MAX
STARTING DEADLIFT MAX	ENDING DEADLIFT MAX

I AM

PROUD

OF WHO I AM BUT
I KNOW I CAN DO

BETTER.

#GETBETTERTODAY

THANK YOU

FOR PURCHASING THIS VOLUME.